

Lainingthou Sanamahi

Laininthou Sanamahee (Meetei: ᠋ᠠᠨᠢᠨᠲᠤ ᠰᠠᠨᠠᠮᠠᠬᠡ) is the Supreme Guardian God of mankind and the supreme deity of the household in Meetei religion and mythology. He originated from the ancient kingdom of Kangleipak (Manipur). He is regarded as the most popular and significant divinity of Sanamahism.^[1] He is the brother of Pakhangba and Nongshaba. He is the eldest son of Creator God Saalailel Sitapa and Leimalel Sitapee, the protector of the Universe in Meetei mythology and philosophy^[2] and Mother Earth goddess Leimarel Sidabi.

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Etymology

The term **Lainingthou** is derived from Meetei language which means "King of Gods" and the term **Sanamahi** is combination of "Sanna" which means *spreading* and "Eemahi" which means "blood that originates living", literally means "spreading everywhere (like liquid)".^[3]

Mythology

When Sanamahi was ordered to cross the globe by his father, he at once proceeded. However, his younger brother Pakhangba as per the instruction of his mother Leimarel Sidabi, went around his father Atingkok Maru Sidaba, who is equivalent to the globe.^[4]

As per the declaration that among the two brothers, the first to succeed in traveling across the globe, would be offered his father's throne of the Universe. That's how Pakhangba got the throne.^[5] However, in order to compensate Sanamahi, Atingkok Maru Sidaba offered him to be the king of every household of Mankind in the universe.

Divine names

There are one thousand divine names of the God Lainingthou Sanamahi.

Religious sites

The sacred places of Lainingthou Sanamahi include Sanamahi Temple, Kangla Palace, and Sanamahi Kiyong Temple.^[6]

Texts

Ancient texts that discuss him include:

- Sanamahi Laihui
- Karthong Lamlen
- Wakoklon Heelex Thilen Salai Amailon Pukok Puya (written in 1400 BC)
- Hijan-Hirao
- Besides the above-mentioned sacred books, there are several sacred books or Puya (Meitei texts) discovered from various hidings.^[7]

Festivals

The religious festivals associated with Lord Sanamahi are:

- Sanamahi Ahong Khong Chingba
- Mera Hou Chongba
- Lai Haraoba
- Sajibu Cheiraoba

See also

- Lists of creatures in Meitei folklore
- Lists of deities in Sanamahism
- Sanamahi creation myth

References

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7. "Holy book of Lainingthou Sanamahi published; Thousands offers prayers on Sanamahi Chenhougba rituals - Imphal Times" (<https://www.imphaltimes.com/news/item/11451-holy-book-of-lainingthou-sanamahi-published-thousands-offers-prayers-on-sanamahi-chenhougba-rituals>).

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